

JJ Tate Adult Amateur Clinic

By Kathy Gubar

Ten NCDCTA adult amateur riders participated in the third JJ Tate AA clinic sponsored by NCDCTA and held at Susie Wiedman's Ovation Farm in Sanford, NC October 8 & 9, 2011. Participants and auditors were treated to a nice lunch with their admission and we had great weather for the clinic. JJ worked with horses from Training through Third Level with great attention to the individual horse's needs. She was also very good with explaining to the rider and auditors the reason for her approach to each horse/rider combination. Many thanks for Polly Yeago for organizing the clinic for NCDCTA and to Susie Wiedman for the use of her great facility to host the clinic.

Following were some interesting comments made by JJ over the course of the weekend that everyone can apply in their riding.

There are four channels of throughness:

- 1) Horse must learn to go from the right leg chewing into the right rein
- 2) Horse must learn to go from the left leg chewing into the left rein (unilateral aids)
- 3) Then horse must learn to go from the right leg into the left rein
- 4) And horse must learn to go from the left leg into the right rein (diagonal aids)

Two questions to ask your horse throughout every ride:
Are you waiting for me and can you yield from my leg?

There are three types of evasions: speed, inversion and crookedness.

The trot stride has three parts: up and down; forward through space and the lateral swing of the horse's back.

The canter is the only gait that has bend. A good visualization for the seat motion in canter is to think of a circle for working canter, think of a horizontal stretched oval for medium/extended canter and think of a vertically stretched oval for collected canter.

There are three parts that determine the quality of the flying change

- 1) The quality of the canter
- 2) The reaction to the half halt
- 3) The reaction to the change aid

You should check three "volume dials" every day in your riding:

- 1) Changes in the length of stride
- 2) Ability of the horse to adjust the frame- shorten and lengthen
- 3) Check the ability to bend and go straight including straightness on bending lines

In the horse's education there are several "BIG" steps for it to learn:

- 1) Passage
- 2) One-tempi's
- 3) Pirouette – which is mainly a strength thing
- 4) Flying Changes
- 5) Haunches In
- 6) Medium canter to collected canter